

Wihara Satyadharma | Minggu | 25.OKT.2015

Rekonsiliasi:

Menyembuhkan Anak Kecil

B. Nyanabhadra



A HOUSE WITHOUT BOOKS
IS LIKE A ROOM
WITHOUT WINDOWS.

HORACE MANN

Rumah tanpa buku seperti:

Kamar Tak Berjendela

Horace Mann





Water
Your Mind

READ



Reading is the **KEY** to learning

I get sad every
time I hear a
person say, "I
don't read." It's
like saying "I
don't learn," or
"I don't laugh,"
or "I don't
live."

Karaniya

Rekonsiliasi

Pertemuan Buddhis dan Psikologi







Sewaktu kecil:

Pernah Merasa Takut

Tersimpan dalam Gudang
Kesadaran



Bayang-bayang masa lalu

Manifestasi Kembali

Benih (Bijja)

THE WAY
WE TALK
TO OUR
children
BECOMES THEIR
inner voice.

Apa yang terjadi?

Perang Batin







Renungkan tentang:

Bunga dan Sampah

Kontradiksi

People have a hard time

letting go

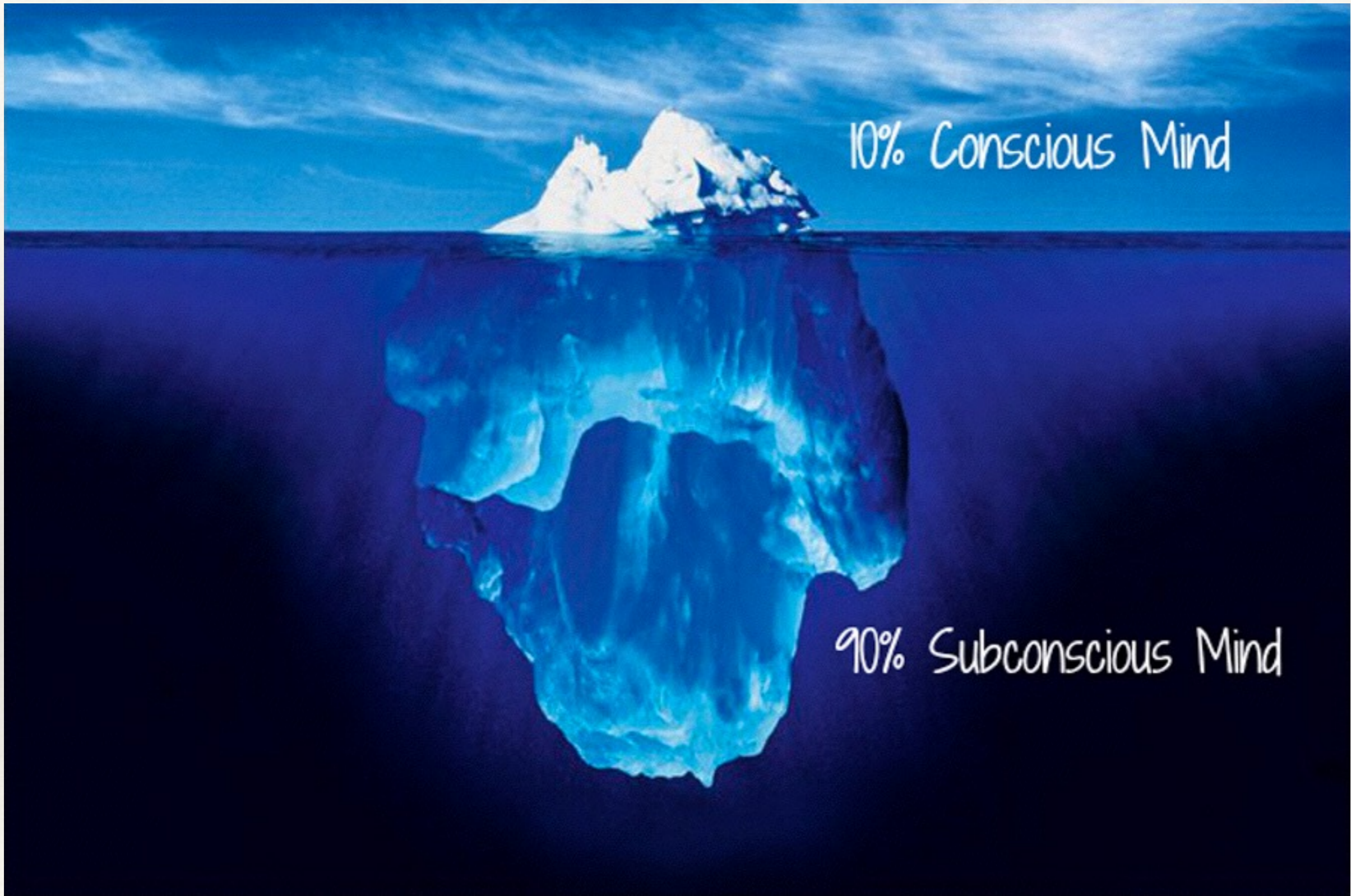
of their suffering.

Out of a fear of the unknown,
they prefer suffering that is familiar.

— THICH NHAT HANH

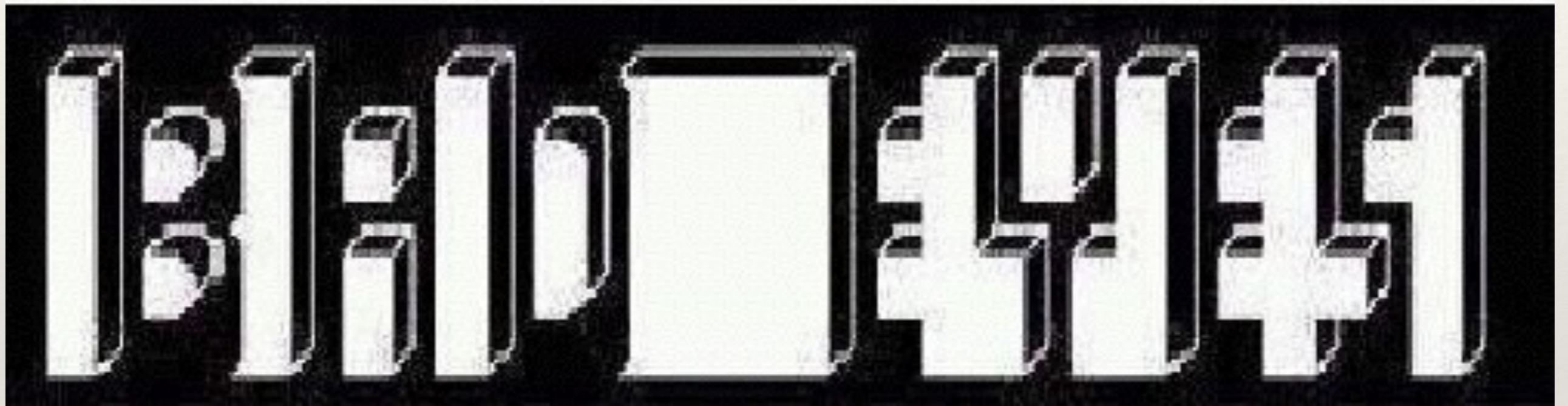

Simple Reminders
SIMPLEREMINDERS.COM





10% Conscious Mind

90% Subconscious Mind



KUNING

ORANGE

BIRU

HITAM

HIJAU

MERAH

KUNING

UNGU

MERAH

ORANGE

HIJAU

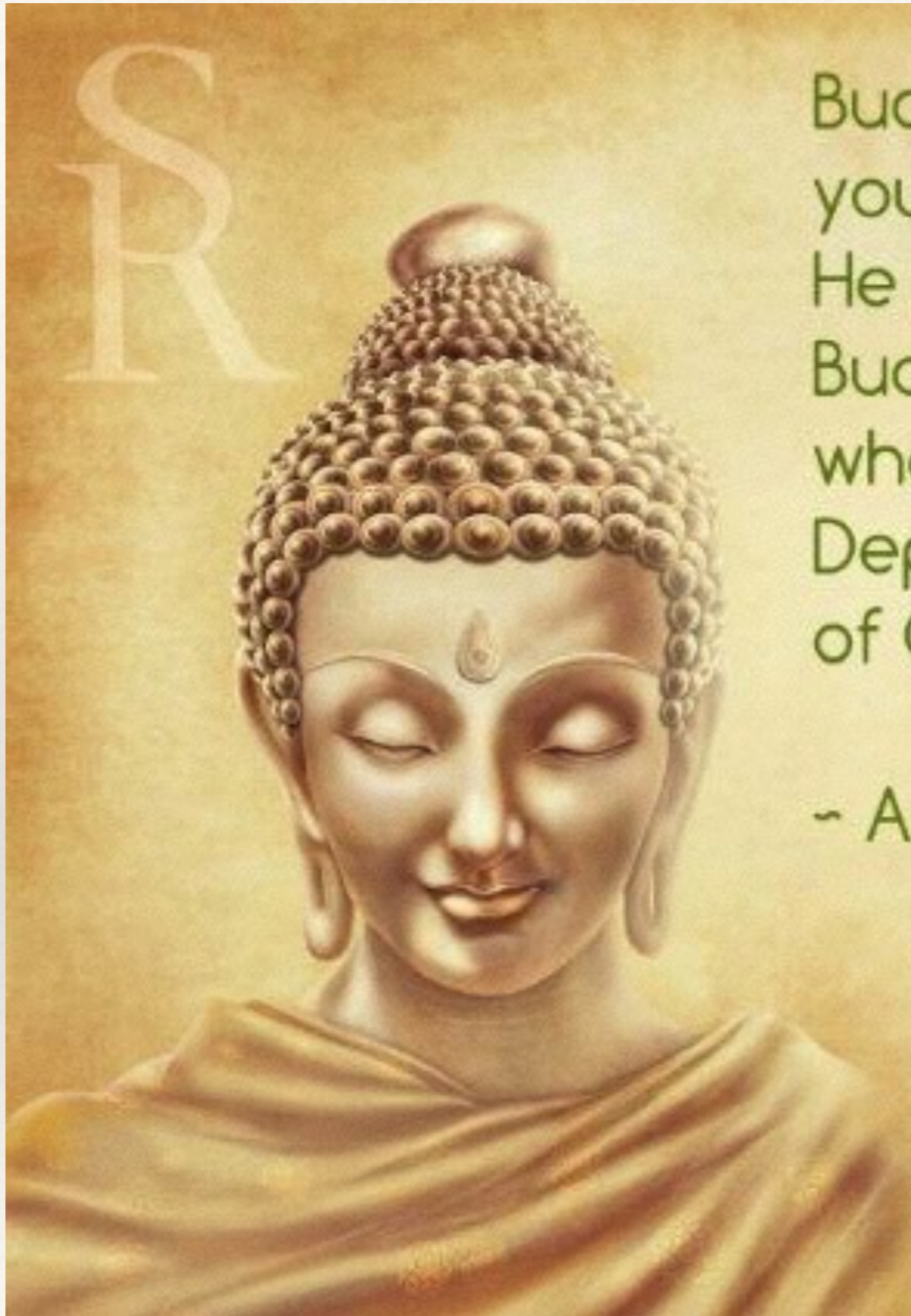
KUNING



Metode sudah tersedia:

Meditasi

Samatha dan Vipasyana



Buddha was asked what have you gained from meditation? He replied, "Nothing however Buddha said let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, Fear of Old Age and Death."

- Anonymous

Menyembuhkan Anak Kecil

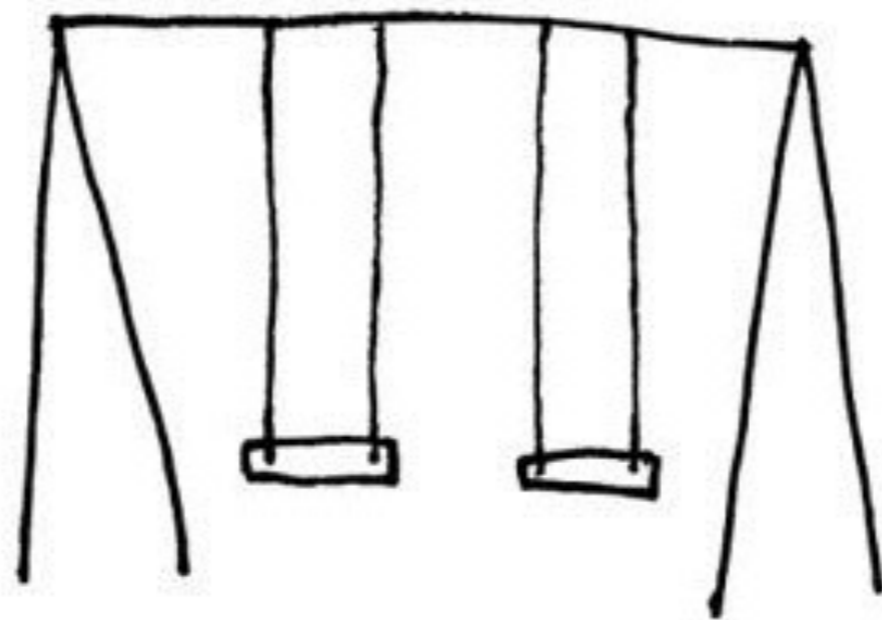
Memeluknya

Dialog positif

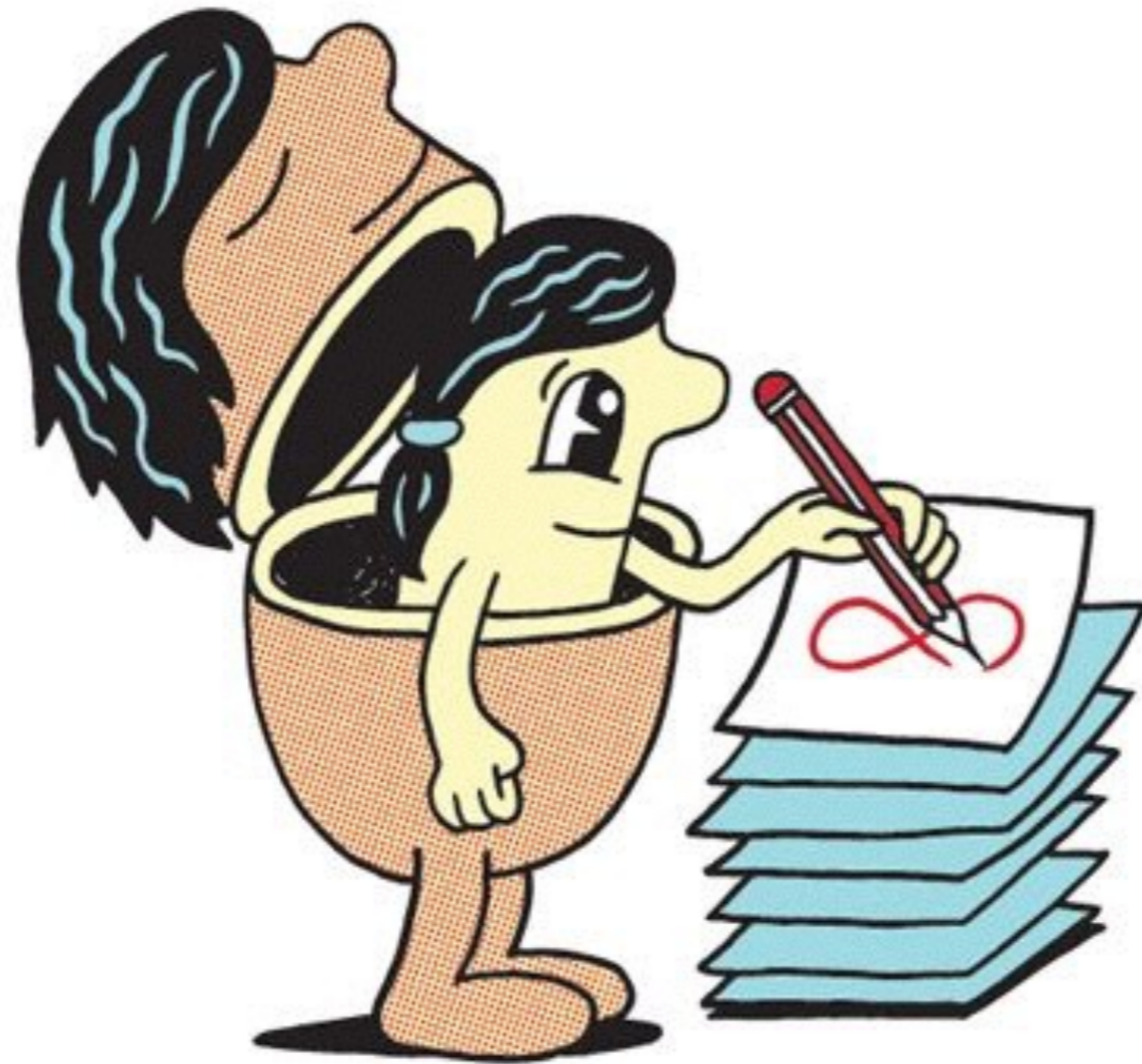




**THERE'S NO POINT
IN BEING GROWN UP
IF YOU CAN'T BE
CHILDISH SOMETIMES**



don't forget to play



LET YOUR
INNER CHILD
CREATE.

THIS HAS BEEN A JEREMYVILLE
COMMUNITY SERVICE ANNOUNCEMENT.



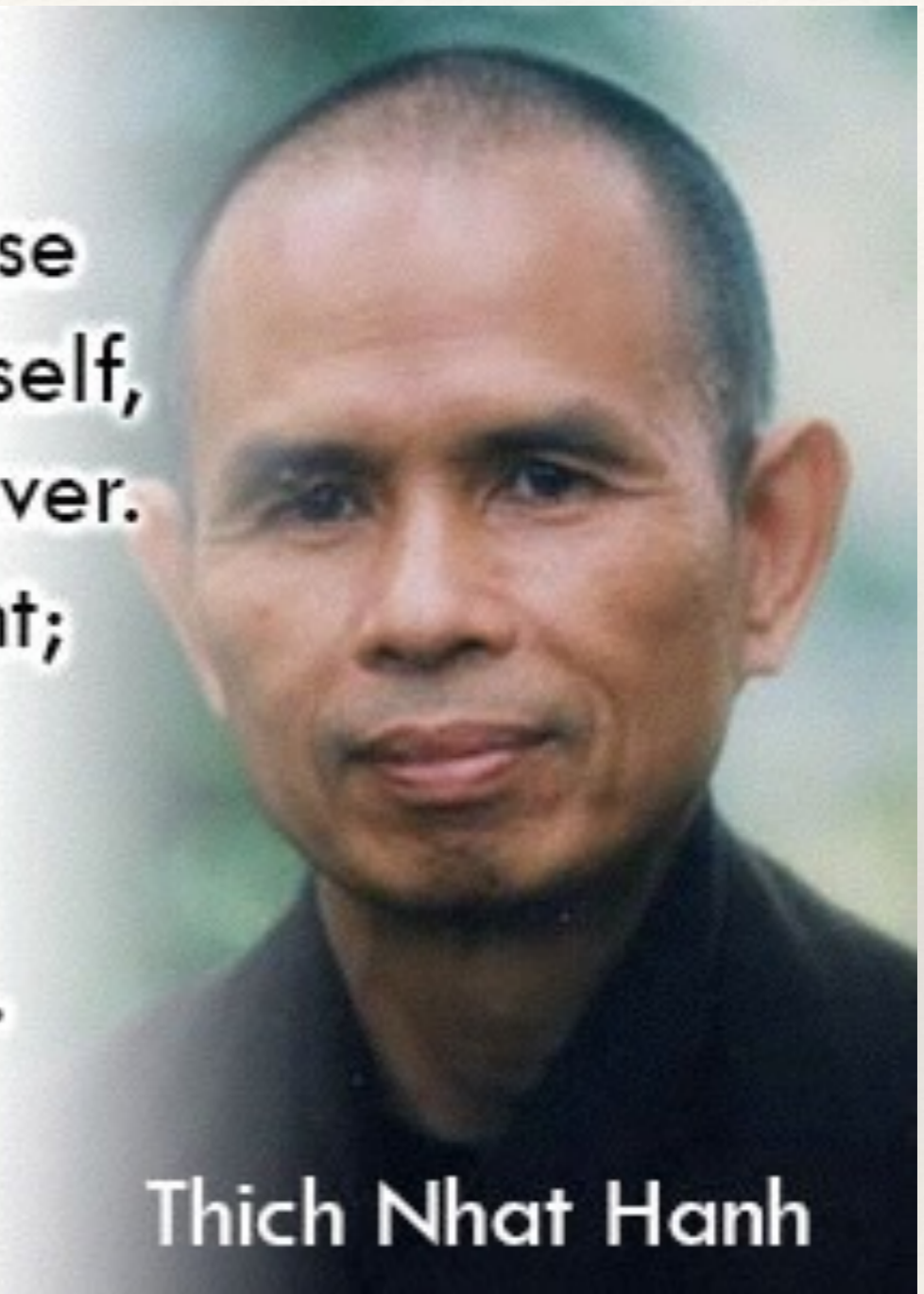


When another person
makes you suffer, it is because
he suffers deeply within himself,
and his suffering is spilling over.
He does not need punishment;
he needs help.

That's the message
he is sending.

[http:// quotes-lover.com](http://quotes-lover.com)

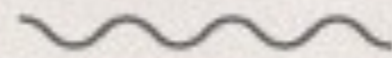
Thich Nhat Hanh



**NEVER
FORGET**

YOUR INNER CHILD

Breathe



Before you leave, take a good few deep breaths.
This will help you to focus and give you a
greater sense of being grounded.

[headspace.com](https://www.headspace.com) on running